

Jim Dumps asserted, "Too much meat in summer causes too much heat. What shall we eat all summer long? That, without meat, shall keep us strong. And in the best of summer trim? Why, 'Force,' of course," laughed "Sunny Jim."



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"Force" is a regular breakfast food in my family to the exclusion of steak or chops (the old standard). A. G. BROWN

W-12

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MORE BECOMING INSANE.

Growth of the Big Cities is Filling Their Asylums with the Newly-Fashioned.

Insanity in Chicago is on the increase, but only to the extent expected by the increase in the city's population and the changing of conditions there, reports the Tribune.

Dr. D. R. Brower, professor of mental and nervous diseases in Rush and the Northwestern Women's Medical college and the author of a text-book on the subject of insanity, said: "Insanity thrives in urban communities. Great cities are the hotbeds of degeneracy. In New York the proportion of insane to the sane is one to 340. In Chicago it is one to 400. The rate is increasing in all great cities. Briefly, the reason is that in this day and age we are living too fast. Modern conditions of life are enfeebling. We live in flats in which all the attention is paid to heating, none at all to ventilating. We come down-town in the street cars in which the air is worse than that of the Black Hole of Calcutta. We bolt our meals, rush from one employment to another, take little or no time to rest down and pull ourselves together. Naturally, in every great city, the tendency is toward an increase of insanity. Such is the case everywhere."

"Insanity increases in all settled communities," said Dr. H. N. Meyer. "Chicago is revealing that stage in its development where we will reap some of the destructive effects of modern civilization. These effects are not seen in new communities for several seasons. First, it is not the sick, the lame, nor the halt who emigrate. It is the young and vigorous. Persons of sound mind and sound bodies, not subject to insanity. Then, as pioneers, they live an outdoor life, and breathe plenty of fresh air, have few of the stresses which abound in a great city, and together are those least liable to mental disorders. The state of Minnesota, for instance, is today a representative community of the pioneer class, and consequently a smaller proportion of insanity is found there than in any other state in the union. Chicago has passed out of the pioneer class and has reached the second or third generation descended from that sturdy race, and consequently we may now expect an increase in insanity. In every great city that has fully passed the formative period the ratio of insanity is about one to 340 of the population. Insanity will continue in Chicago until we have reached that ratio."

In Chicago the method of having a person declared insane and sent to an asylum is the same that it has been for years. All the cases come before the county judge, Judge Carter. There are two modes of inquiring into a person's sanity, either by a trial before a jury of six, or the judge can, if he so elects, make the examination shall be in chambers before the judge and two experts in insanity, appointed by himself. The latter method has less publicity than the jury trial, which, however, must be always resorted to where there is a contest in the case, and where there is some ground for the belief that the persons who bring the charge of insanity might have some ulterior motives in sending the alleged insane person away to an asylum.

OLD-FASHIONED DISHES.

Indian Pudding and Pumpkin Pie Such as Our Grandmothers Used to Make.

The Indian pudding of our grandmothers was not compounded with eggs but depended for its goodness on the long, slow cooking of freshly ground maize or corn meal, with milk and molasses in combination. We are told that modern ovens, meat and molasses are all degenerate products, but I can attest that they will produce a very good pudding. The meal, moreover should be fresh from the mill; old meal, if it must be used, is improved by moistening with boiling water and allowing it to swell over night, says Country Gentleman.

Into one pint of boiling milk stir three tablespoonfuls of corn meal, and cook until it thickens; danger of scorching is much lessened by greasing the saucepan with butter or oil. Remove and set a small cupful of molasses, a teaspoonful of salt, a teaspoonful of chopped nut and one pint of cold milk. Bake for two hours in a very slow oven, then stir in another pint of cold milk and bake for an hour more. It may be left a couple of days overnight and reheated for the following day's dinner. It will be delicious for baby's dinner or the addition of a teaspoonful of cinnamon and a pinch of nutmeg and a dash of vanilla will make it a delicious dessert. These things make a most delicious pudding, if one likes a little sticky thing.

For the pumpkin pie, wash the pumpkin thoroughly, cut a hole in the top, and fill with a mixture of sugar, molasses, and small pieces of butter, broken up after the way may be so put in with a hollow spoon. In any case it is best to use a tin can. It perfectly perfect, then pass through a colander or a sieve, and mix with the other ingredients. Bake for two hours in a very slow oven, and a dash of nutmeg and a pinch of salt will make it a most delicious pie. The pumpkin pie is a most delicious pie, and it is a most delicious pie, and it is a most delicious pie.

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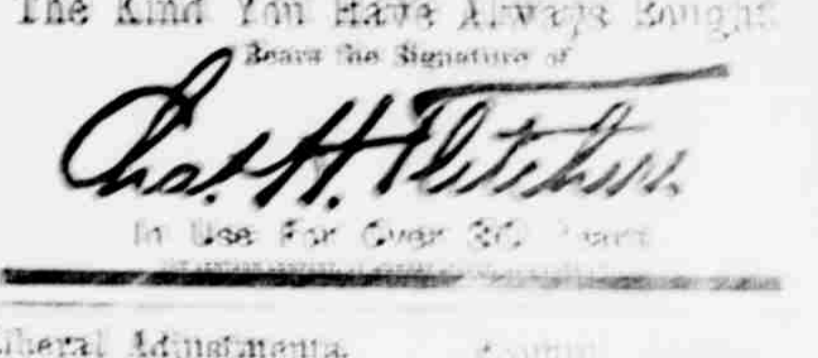
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THE BISHOP STORE.

"There are no good fish in the sea unless they are taken out of it," remarked Small to Young, who had been refused by Moneybags's daughter.

"Yes, I know, but they are no good fish,"—N. Y. Times.

DOCTORS' CONVERSATION.

Mrs. Blammy—Shure, and what's your husband's business?
Mrs. Floorwalker—He walks about and does nothing.
"Smith is like a tramp!"—Yankees Statesman.

The Best He Could Do.
Wigg—Before they were married he said he would be willing to die for her.
Wagg—Well, he has partially proved it. At my trial, he doesn't seem able to turn a living for her.—Philadelphia Record.

IT WAS UP TO HIM.

"I made a resolution not to kiss Miss M." "Have you broken it yet?" "No; but he has!"—Chicago American.

GOOD LISTENER.

Mrs. Bouncer—I have been to see Mr. Bouncer this afternoon. What delightful company she is.
Mr. Bouncer—Yes, I understand that she is no talker.—Boston Transcript.

THE GUNNER'S BILL.

"Do you like to go to school, little boys?" "Yes, the teacher don't like us half as much as 'maw does.'"—Chicago American.

DAILY CONVERSATION.

A woman on the death of her husband telegraphed to a distant friend: "Dear Joseph is dead. Loss fully covered by insurance."—N. Y. Sun.

STRAIGHT TIP.
Tom—I can read your thoughts. (Garn)—I can hardly believe it, for if you could you wouldn't sit on the way.—Philadelphia Journal.

THE WIFE'S QUESTION.

It was during the heat of the recent campaign. The mother of the young became discontent as he reached his generation. "Men of the recent assembly district, are you husbands or you fathers, are you men?" "Now, are you willing to sell your daughters?" "Now, that's nonsense," cried a rough voice from the crowd. "How much will you pay for them?"—N. Y. Times.

CONVERSATION IN THE FUTURE.

They were seated in the parlor conversing on the uncertainty of life.
"The future is a vast, unexplored mystery to us, isn't it?" "Yes; all we know is that we have to go some time."
"Once from the library—I would not the convenience of this bookshelf if you'd make a cooler hat."—N. Y. Herald.

ROOM FOR MARRIAGE.

Mistress—Pooch, darling, little boy, I'm afraid she will never recover. Do you know, I think the kindest thing would be to have her shot and put out of her misery?
Bridget—Deed, ma'am, I wouldn't do that. Sure, she might get better, after all, an' then you'd be sorry you had her killed.—Punch.

ASTRONOMY WARNING.

"The farmer," said the young astrologer, "seems to be very fond of me. He throws the choicest morsels of corn to me every day, and in many ways shows his admiration for me."
"Well," advised the old astrologer, "wouldn't it go on if I were you. You're apt to lose your head over it."—Judge.

EFFECTIVE.

Hinks—Do you believe in the possibility of the cure of disease by suggestion?
Hinks—Why, certainly, I was feeling pretty well last week, and my wife suggested that I go to a doctor, and it cured me right away.—Somerville (Mass.) Journal.

THEIR SIGNIFICANCE.

Edith—Do you understand the language of flowers?
Edith—No.
Edith—Then what does this bunch of rare orchids that Albert sent me signify?
Edith—That's a fool and his money are soon parted.—Judge.

PROBABLY.

"This is a terrible storm," said Dumpy Dennis, cowering under the lamp post, "and I think I have been bitten by a dog."
"There are no dogs about here," replied Timothy Lee.
"That so?" "Well, maybe it was the teeth of a dog!"—N. Y. Herald.

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